

What if I already get aged care services?

If you're already getting aged care help, you can still get transition care! Here's how:

- **Home Care Package:** Your current care services can be paused while you're receiving transition care.
- **Commonwealth Home Support Programme:** You can get both types of care at the same time, but they have to focus on different things.

Can I take a break?

Yes! You can take up to 7 days off during your transition care for things like fun activities or if you need to go back to the hospital. You can take your break in small chunks or all at once. But you will still need to pay for the days you're away.



Smooth recovery ahead

How Transition Care supports your healing after hospital stay

CALHN Transition Care Program

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Government of South Australia

Health
Central Adelaide
Local Health Network

What is Transition Care?

Transition care helps you recover after you leave the hospital. It gives you short-term help to get back to doing things on your own, like walking, getting dressed, or even just feeling more confident again. It helps you recover faster.


The care you get depends on what you need and what your goals are. You might get help at home, in an aged care facility or a mix of both, as you get better.


How does Transition Care work?


Before you leave the hospital, an assessor will visit you to see what care you need. You can ask the hospital staff to arrange this visit. If you qualify for transition care, you'll connect with a provider who will help you leave the hospital and arrange your care.

Where will the care be provided?

You can receive care in different places, depending on what's best for your recovery:

 **Aged care home:** If you need more help, you might stay in an aged care home where care is available 24/7.

 **At home:** If your needs are manageable at home, you might get care at home or out in the community.

 **A mix:** You could even have care in different places as your needs change while you get better.

What kind of care can I get?



Physiotherapy

Exercises to help with movement and strength.



Other health support

Support from other specialists if needed.



Occupational therapy

Support for daily activities like dressing or cooking.



Nursing care

Assistance for pain, wound care, and medications.



Social work

Help with any emotional or social challenges.



Personal care

Help with showering, dressing, or hygiene.

How much does it cost?

You won't need to worry about a big means test. However, you may be asked to pay a small part of the cost, depending on what you can afford. The government sets the maximum amount you can be asked to pay. Right now, the maximum cost is:

- 17.5% of the single age pension if you're getting care at home.
- 85% of the single age pension per day if you're in an aged care home.

Don't worry – your ability to pay won't stop you from getting the care you need.